

Allen Chong
Orthopaedic Surgeon
Shoulder and Knee Surgery
Hip Arthritis Surgery

PLASTER CARE INSTRUCTIONS

You have had your fracture aligned in the operating theatre. The fracture is now being held by a $\frac{3}{4}$ cast. The reason for the $\frac{3}{4}$ cast is to allow for swelling in the first few days which can occur after the manipulation.

Usually you will keep this cast for the duration of the treatment. The cast has been moulded to control the position of the fracture and changing may result in loss of alignment.

The “give” in the plaster and bandage allows for most situations when swelling occurs. Occasionally it may be necessary to remove the bandage or split the dressing, but this is unusual. If this situation occurs, nursing staff or myself will carry this out.

After you leave the hospital it is important that you take an extra crepe bandage home. This bandage is to be re-applied every day for the first ten days. The reason for this is keep the plaster firm to hold the fracture in a good position while the swelling decreases. **DO NOT REMOVE ANY EXISTING BANDAGES.**

If you notice increasing pain, discomfort or decreasing movements in your fingers following your discharge, you **MUST** contact either the *Emergency Department at Bunbury Regional Hospital on 9722 1000* or my office on 9791 7744 for further advice and treatment.

It is important that you attend a follow up appointment 7 – 10 days after the initial manipulation. This allows the plaster to be checked and a progress x-ray to be taken to ensure that there has been no loss of position of the fracture.

Approximately one in ten fractures requires a re-manipulation because of loss of position at the one week mark.

If you have any further questions regarding this information sheet, please don't hesitate to ask either myself or the nursing staff.

Additional Instructions

1. For arm plaster, keep the arm raised on pillows when resting
2. Do not get the plaster wet or allow it to remain softened, cracked or broken.
3. Do not scratch the skin beneath the plaster cast with any objects.
4. Do not remove the plaster yourself.